

## Contents

### - Papers -

|  |  |    |
|--|--|----|
| Study on safe usage method to prevent low temperature burn caused by hot water bottle<br>.....                                     | Kumiko Kuga, Masayo Akiyama and Kaoru Fukura | 1  |
| A Research of Lifestyle and Mental Health Influence Blood Pressure of The Elderly Who Participate in Community Activities<br>..... | Kaori Takeda                                 | 7  |
| Application of Skills Self-Evaluation Rubric in Graduate Attributes Analysis System<br>.....                                       | Yuji Fukai, Hiroaki Kawai and Osamu Nakano   | 13 |

### - Research Reports -

|  |   |    |
|--|---|----|
| A Review of Literature about Intervention Effect of Skin Moisturizing on the Elderly<br>.....  | Michiyo Yamamoto, Yuko Hayashi  | 21 |
| Study on the sustainability of Esashi regional cultural resources selected as Hokkaido heritage<br>.....   | Masahiro Hamaya   | 29 |
| Trial of Rubrics Created by Learners and Self Evaluation for Increasing Commitment to Collaboration and Cooperation<br>.....                             | Keiko Ikariyama, Naohito Kimura                                       | 35 |
| Scientific Makers' Workshops for Human Resource Development in the Creation of Local Communities<br>.....  | Naohito Kimura, Keiko Ikariyama, Kumiko Tsukagoshi and Takashi Kajiya | 43 |
| Research for the Experimental Study of Dynamic Characteristics and the Construction of Equivalent Stiffness Model for a Viscos-elastic Material<br>..... | Daisuke Narita, Yoshiki Ohta and Masamitsu Yoshida                    | 49 |

### - Educational Practice Reports -

|  |                  |    |
|--|------------------|----|
| Contents and Methods of Training and Practices of 3D Computer Graphics in the Department of Media Arts and Design<br>.....       | Takayuki Komatsu | 55 |
| Contents and Methods of Training and Practices of Exercises in Communication in the Department of Media Arts and Design<br>..... | Takayuki Komatsu | 59 |

|   |  |    |
|---|--|----|
| On the Use of American Presidential Election as Learning Materials for<br>Communicational Education | Tomoyuki Sasaki                                  | 63 |
| The Communicative Activities Based on Debate  | Tomoyuki Sasaki                                  | 65 |
| An Overseas Program for Medical Engineering Students: Giving an Overview of the Program             | Toshiharu Akiyama                                | 67 |
| Research into In-School Training based on Research-Project and Instructor Growth                    | Kazuhiro Aoyama                                  | 71 |
| Experimental Training Using the High Strength Steel Sheet   | Seiichi Haga, Daisuke Narita and Kouichi Hayashi | 75 |
| Practice of Active Learning in Department of Automotive Engineering (1)                             | Osamu Watari                                     | 79 |